



Qualifier 19.1



12 min AMRAP

Team Member 1	Team Member 2
10 burpees over the bar	10 burpees over the bar
8 snatches 40/30kg	8 snatches 40/30kg
10 burpees over the bar	10 burpees over the bar
7 snatches 50/35kg	7 snatches 50/35kg
8 burpees over the bar	8 burpees over the bar
6 snatches 60/45kg	6 snatches 60/45kg
8 burpees over the bar	8 burpees over the bar
5 snatches 70/50kg	5 snatches 70/50kg
6 burpees over the bar	6 burpees over the bar
4 snatches 80/55kg	4 snatches 80/55kg
6 burpees over the bar	6 burpees over the bar
3 snatches 90/60kg	3 snatches 90/60kg
4 burpees over the bar	4 burpees over the bar
2 snatches 100/65kg	2 snatches 100/65kg
4 burpees over the bar	4 burpees over the bar
1 snatch 110/70kg	1 snatch 110/70kg
4 burpees over the bar	<i>And so on</i>
1 snatch 110/70	<i>Till the end of AMRAP</i>

Weights

Men: 40-50-60-70-80-90-100-110kg
 Women: 30-35-45-50-55-60-65-70kg

Equipment:

- 2 barbells (M: 20kg / F: 15kg)
- Plates to load the bar
- Collars

Workout standards:

The workout begins with a team member standing behind the bar, pre-loaded with the prescribed weight. The first team member starts with 10 burpees over the bar and 8 snatches. As soon as he completes his round the second team member completes the same round, no high five needed. The first team member can rest or prepare the barbell for the next round. if you reach the final round of 4 burpees and single snatches and have enough time on the clock keep repeating this round. Your score is your total combined number of reps.

For the tie break please note the time after each completed set of the snatches. (Ascending clock)

Teams may use a maximum of two bars for this workout and can load barbells while the other athlete is working. Anyone except for the judge can help Load the bar

Movement standards:

Burpees over the bar

Each burpee starts with the chest and thighs touching the ground at the bottom position. Your body is parallel to the bar. You must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is not permitted.

Snatches

The barbell begins on the ground and must be lifted overhead in one motion. Touch-and-go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition. A muscle snatch, power snatch, squat snatch or split snatch may be used. The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body. This is not a ground-to-overhead in any way.



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Video standards

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout, clearly show you use the right equipment, weights, heights, etc for this workout. Your judge and a clock with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



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Round 1	A1	A2
10 Burpees	10	28
8 Snatches 40/30kg	18	36
Tiebreak	:	:

Round 2	A1	A2
10 Burpees	46	63
7 Snatches 50/35kg	53	70
Tiebreak	:	:

Round 3	A1	A2
8 Burpees	78	92
6 Snatches 60/45kg	84	98
Tiebreak	:	:

Round 4	A1	A2
8 Burpees	106	119
5 Snatches 70/50kg	111	124
Tiebreak	:	:

Round 5	A1	A2
6 Burpees	130	140
4 Snatches 80/55kg	134	144
Tiebreak	:	:

Round 6	A1	A2
6 Burpees	150	159
3 Snatches 90/60kg	153	162
Tiebreak	:	:

Round 7	A1	A2
4 Burpees	166	172
2 Snatches 100/65kg	168	174
Tiebreak	:	:

Round 8	A1	A2
4 Burpees	178	183
1 Snatches 110/70kg	179	184
Tiebreak	:	:

Round 9	A1	A2
4 Burpees	188	193
1 Snatches 110/70kg	189	194
Tiebreak	:	:

Round 10	A1	A2
4 Burpees	198	203
1 Snatches 110/70kg	199	204
Tiebreak	:	:

If athletes finishes the workout they'll keep on repeating the last round till end of the 12 min

Score	
REPS	
Tiebreak	:

Team name: _____

Name judge: _____

Signature judge: _____

Signature athlete 1: _____

Signature athlete 2: _____